

# SENIOR SPARKS

## MANSFIELD SENIOR CENTER NEWSLETTER

### ~ FEBRUARY 2019 ~

#### VALENTINES DAY LUNCHEON

~WEDNESDAY, FEBRUARY 13TH~  
MEAL SERVED AT 12:00PM



#### ~MENU~

Penne with Meatballs Marinara, Garden Salad, Garlic Bread, Juice, and Double Chocolate Cake for Dessert!

There is a suggested donation of \$4.50 for anyone 60+; the cost is \$11.34 for anyone under 60.

Dine with your valentine or feast with some friends! Use this delicious meal as an opportunity to spend time with the people you love!

PLEASE REGISTER BY 2/6

#### UConn Women's BASKETBALL

#### TAILGATE PARTY

~SATURDAY, FEBRUARY 9TH~

DOORS OPEN AT 12:00PM

GAME BEGINS AT 1:00PM

COST: \$5



#### ~MENU~

Hot Dogs, Soft Pretzels, Nachos, Soda, and Dairy Bar Ice Cream Sundaes for Dessert! Join us for a fun gathering as we watch the UConn Women Huskies take on Temple!

PLEASE REGISTER BY 2/4

#### FRESH FRIDAY WITH JOE FLOOD

~FRIDAY, FEBRUARY 22ND~

MEAL SERVED AT 12:00PM

ENTERTAINMENT BEGINS AT 1:00PM

COST: \$7

#### ~MENU~

Fish & Chips, Coleslaw, and Chocolate Cream Pie for Dessert!

Treat yourself to a fresh, hot meal to warm you up during these cold winter months! After the meal, Singer-Songwriter Joe Flood will entertain with work from his latest project, "A Troubadour's Tour of Historic Nantucket."

This is an event you won't want to miss!

PLEASE REGISTER BY 2/15

303 Maple Road, Mansfield, CT 06268  
Tel: 860-429-0262 Website: [www.mansfieldct.gov/seniors](http://www.mansfieldct.gov/seniors)



## MANSFIELD Senior Center

**TEL: 860-429-0262**

**FAX: 860-429-3905**

**WWW.MANSFIELDCT.GOV/SENIORS**

### **HOURS:**

**MONDAY THROUGH FRIDAY  
8:30AM TO 4:30PM**

### **SENIOR CENTER SUPERVISOR:**

**SARAH TAYLOR  
860-487-9874**

**TAYLORS@MANSFIELDCT.ORG**

### **PROGRAM COORDINATOR:**

**MARY FLOOD  
860-487-9872**

**FLOODMH@MANSFIELDCT.ORG**

### **TRANSPORTATION AND PROGRAM**

#### **ASSISTANT:**

**JORDAN BASSETT  
860-487-9877**

**BASSETTJ@MANSFIELDCT.ORG**

#### **SITE SERVER:**

**SHARON CARON  
860-487-9876**

**CARONS@MANSFIELDCT.ORG**

### **OUTREACH SOCIAL WORKER**

**JOAN MARSHALL,MSW  
860-487-9875**

**MARSHALLJ@MANSFIELDCT.ORG**

#### **SOCIAL WORKER:**

**KATHY ANN EASLEY, LMSW  
860-487-9873**

**EASLEYKA@MANSFIELDCT.ORG**

### **HUMAN SERVICES ADMINISTRATIVE**

#### **SPECIALIST:**

**DOROTHY DEL VALLE  
860-429-3315**

**DELVALLED@MANSFIELDCT.ORG**

### **DIRECTOR OF HUMAN SERVICES:**

**PATRICIA SCHNEIDER, LCSW  
860-429-3314**

**SCHNEIDERPR@MANSFIELDCT.ORG**

## **SENIOR CENTER UPDATE**

### **FROM SENIOR CENTER SUPERVISOR SARAH TAYLOR**

This time of year can be so very cold here in Connecticut! Perhaps it's fitting that with February comes Valentine's Day—to remind us of the warmth that love brings! We hope you'll join us here at the Senior Center this month for a variety of events that will help to warm your soul: enjoy one of our fabulous luncheons, treat yourself with one of our wellness services, take a trip or try out one of our creative arts classes! If you'd like to get involved or volunteer, we'd love to have you! Join the MSCA in their redefined mission to work on fundraising, advocacy and volunteer recruitment; attend the Commission on Aging meetings to participate in discussions on current trends, challenges and long-term planning for Mansfield Seniors; join our Accreditation work group to help us develop best practices around strategic planning, volunteer management and program development; or volunteer directly at the Center by leading a group, teaching a class, driving for our Transportation program, or any number of roles that utilize your experience. As we move forward with our goals for 2019, we'll be looking for volunteers to help at our Reception Desk, in our Café and in our Library as well. It's going to be another exciting year here at the Center, and we invite you to join our team and be a part of our growth! We will also be updating our records this month to ensure we have accurate phone numbers, addresses and emergency contact information for everyone we see. Please take a moment while you're here to confirm your information with any of our staff members. And, as always, if you have ideas, suggestions or feedback, please let us know! We hope to see you very soon! ❤️

## **Open to Residents & Non-Residents Ages 55 & up!**



**Come join us —  
we have a great time together!**

## NEW IN FEBRUARY

### BINGO WITH UCONN STUDENTS

~FRIDAY, FEBRUARY 1ST~  
2:00PM

Join the UConn branch of the National Council of Negro Women for an afternoon of bingo and fun! This organization was founded on the values of sisterhood among African-American women and service in the community.

There is no charge for this event.

**PLEASE REGISTER BY 1/31**

### AARP Tax-Aid PROGRAM

TUESDAYS & THURSDAYS

~FEBRUARY 5TH THROUGH APRIL 9TH~  
9:00AM-3:00PM

AARP's Tax-Aid program will once again provide free tax preparation assistance, with special attention to those 60 and older.

If married, both husband and wife should be present during the appointment. Taxpayers must also have all available information and documents that apply to their 2018 income taxes, including:

- ~A copy of both of your 2017 tax returns
- ~ID information for taxpayers & dependents
- ~All W2, 1099, other relevant forms and documentation

**PLEASE CALL THE  
SENIOR CENTER AT 860-429-0262 TO  
SCHEDULE YOUR APPOINTMENT.**

### CLASSIC MOVIE NIGHT

~THURSDAY, FEBRUARY 21ST~  
4:00PM

Who doesn't love a movie night?

We will be showing *The Best Man* starring Henry Fonda and Cliff Robertson. In this film, the two front runners for their party's presidential nomination, one principled and the other ruthless, vie for the former President's endorsement.

There will be a short discussion after.

Popcorn & treats will be served.

**PLEASE REGISTER BY 2/19**

GOODBYE JANUARY,  
HELLO FEBRUARY!

### CRAFTY CREATIONS

WITH BECKY DOGGETT

~MONDAY, FEBRUARY 25TH~  
1:00-3:00PM



Join our fantastically creative Instructor Becky Doggett for another fun craft this month!

Join us this month to celebrate St. Patrick's Day!

We'll use fleece and faux fur to create Seamus, the adorable 9" Leprechaun gnome. He is a "no sew" project and you'll be surprised at how easy he is to put together. Maybe he'll give us all a wee bit more luck in the New Year!

**COST: \$12/PERSON**

**All materials will be provided.**

**Limited to 12 participants.**

**PLEASE REGISTER BY 2/21**

### TO WHOM I MAY CONCERN

~SAVE THE DATE—MARCH 26TH~

To Whom I May Concern is an interactive performance program that gives voice to people who have been diagnosed with dementia.

Using their own words and a scripting technique, a group of individuals living with dementia will share their stories.

Light refreshments will be served.

## CREATIVE ARTS

### **Performance Chorus with Nathaniel Baker**

Learn to sing choral music under the direction of professional pianist and director Nathaniel Baker. The Chorus holds weekly practices March through May, and performs afternoon concerts at local nursing homes, rehab centers, senior housing and senior centers throughout the month of June.

**There will be an informal Meet & Greet on Monday, February 25th at 1:00pm**  
**Rehearsals for the Spring Performance Season will begin in March!**

### **Quilting**

Join this class and quilt all day! Whether it's a new project that has you stumped, a quilt that just needs a border or a new project that needs a jump start, bring it in and get some encouragement and class motivation with Pat Ferguson as your "Quilting Coach." As always, if there is a particular technique or project that you would like demonstrated, just ask and Pat will bring in information and books on the subject. Bring your sewing machine or sew by hand. You are welcome to bring your lunch, sign up ahead of time for lunch at the Senior Center, or order from a local takeout restaurant.

**Monday, February 4th from 10:00am-4:00pm**

**Monday, February 11th from 10:00am-4:00pm**

**Pre-registration is required.**

**Cost is \$30.00/person per day**

### **Wood Carving**

Try your hand at this ancient art with members of the Mystic Carvers Club! There is no fee for this class and beginners do not need to bring any supplies—come try it out first. The group leaders will then recommend beginner tools and local suppliers. For more information visit [www.mysticcarvers.com](http://www.mysticcarvers.com).

**Wednesdays from 9:30am-12:00pm**

### **Jewelry**

If you've passed by the Craft Room on a Thursday afternoon, you've probably heard laughter and chatter as the "beaders" create beautiful necklaces, earrings, bracelets and more! New members are always welcome!

**Thursdays from 1:00-3:00pm**

### **Knitting & Crocheting**

Come join us for knitting or crocheting in the Memorial Room and enjoy a chat with friends!

**Fridays from 10:00am-12:00pm**

### **Art Studio**

Our expansive craft room is available for you to come in and work independently on your own project...with the company of some great artists!

**Fridays from 12:00-4:00pm**

## LIFELONG LEARNING

### **MOVIE DISCUSSION GROUP**

**~FRIDAY, FEBRUARY 8TH AT 1:00PM~**

Join us to watch *Fences*, a period drama starring Denzel Washington and Viola Davis.

Set in 1950s Pittsburgh, Troy Maxson must overcome the missed opportunities of his past to relieve the tension in his family.

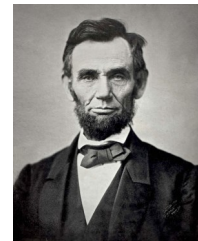


Popcorn & treats will be served.

**NO REGISTRATION NECESSARY**

### **SENIOR LEARNING NETWORK**

**~TUESDAY, FEBRUARY 19TH AT 1:30PM~**



The Senior Learning Network is a Lifelong Learning program that lets you experience inspiring destinations across the world without ever leaving Mansfield!

This month's program focuses on Abraham Lincoln's life from boyhood to presidency. John Mansfield, an award winning Abraham Lincoln presenter, will deliver an authentic and historic program.

Light refreshments will be served.

**PLEASE SIGN UP WITH RECEPTIONIST BY 2/14**

### **OPERA IN MANSFIELD**

**~WEDNESDAY, FEBRUARY 27TH AT 1:00PM~**



Co-sponsored by the Women's Club of Storrs





# WELLNESS PROGRAMS

## Reiki

Reduce stress, stimulate your immune system and manage your pain & symptoms with this gentle hands-on ancient therapy. Provided by Reiki Master Bette Giordano. The cost for a 1-hour session is \$30.00, payable to Bette the day of the appointment.

**Thursday, February 7th from 9:00-11:00am**

## Hearing Clinic

Individual appointments are available for hearing tests, hearing aid checks and wax inspection with Audiology Concierge.

**February 20th from 11:00am-12:30pm**

## Massage & Reflexology

Tami Toscano has practiced massage therapy for people in all kinds of physical conditions since 1991. She is a graduate of the CT Center for Massage Therapy and is a Nationally Certified Massage Therapist. Her skills include Swedish & deep tissue massage, aroma therapy, therapeutic stretching, reiki and reflexology. Tami takes great joy in helping people feel their best by customizing each session to bring healing & balance. The cost for a 30-minute session is \$22.00, payable to Tami at the time of the appointment.

**Thursday, February 21st from 10:00am-2:30pm**

## Blood Pressure Clinic & Ask the Nurse

Stop in for a monthly blood pressure check. Ask the nurse about your health concerns as well, and they'll be happy to help connect you to the appropriate services if necessary. This is a free service sponsored by Masonicare Home Health & Hospice.

**Thursday, February 21st at 12:00pm**

## Mini Spa ~ Hair & Nails

Hope Mayhew and Amy Brewer of Hope & Wellness Salon will be here to offer manicures, pedicures and haircuts. The price for nail clipping is \$15.00, payable directly to Hope at the time of the appointment. Amy will offer spray bottle variety haircuts, clipper cuts and eyebrow or beard trimming. The price for haircuts is \$15, also payable directly to Amy at the time of the appointment.

**Monday, February 25th from 9:00am-12:00pm**

## Podiatrist

Complete foot care and podiatric evaluations with Dr. Thomas Walters. Medicare will be billed if eligible.

**Wednesday, February 27th from 9:00am-12:00pm**

## Mini Facials

Sara Heumann of Hope & Wellness Salon will deeply clean your skin under warm, relaxing steam while giving you a light massage, treatment mask & hydration. Regular facial treatments are beneficial for smoothing & hydrating the skin while increasing circulation and relaxing the mind, body & spirit. The cost for a 30 minute session is \$25.00, payable to Sara at the time of service.

**There will be no facials in February**

**Please call our Receptionists at 860-429-0262  
for more information or to make an appointment.**

# TECHNOLOGY CLASSES

## TECH TIME

WITH BOB VALK

~ WEDNESDAY, FEBRUARY 6TH & 20TH ~

Have questions about your computer, phone or tablet?  
Our knowledgeable Tech Time volunteer Bob is here to help!  
30-minute appointments are available and required.

**PLEASE CALL 860-429-0262  
TO MAKE YOUR APPOINTMENT**

## USING LIBRARY RESOURCES

WITH KAITHLIN EPLING

~ WEDNESDAY, FEBRUARY 20TH AT 1:00PM ~

Now that the Maple Road Library is officially open,  
come learn how to use the self checkout kiosk and the  
library catalog to request items.

**PLEASE REGISTER BY 2/15**

## GROUP ACTIVITIES

### EL GRUPO

Our Spanish Conversational Group is a "sit & chat" setting. If you are interested in joining, please contact Ruth Jones at 860-886-3909 or [jonesrt111@yahoo.com](mailto:jonesrt111@yahoo.com).

**Mondays from 1:00-2:00pm**

### GENEALOGY GROUP

Discover your family's history with our Genealogy Group! Whether you're a long-time family historian or just starting out, come see what you can learn as we share online resources on the big TV! This group meets **on the 2nd Tuesday of each month from 10:00am-12:00pm**. Join us **February 12th!**

### SCRABBLE GROUP

Come play Scrabble in a friendly, open environment! Challenges are not permitted, and players can re-do mistakes, consult the dictionary or get help from other players. All skill levels are welcome!

**Tuesdays & Fridays from 10:00am-12:00pm**

### WRITING GROUP

You're invited to share your Creativity in Writing in a relaxed group with no criticisms.

The only requirement is the Love of Writing!

**Wednesdays from 10:00-11:00am**

### CAUSERIES EN FRANCAIS

Parlez-vous Français? Bring along a bag lunch and join us for an hour of conversation en français!

**Wednesdays from 12:00-1:00pm**

### BOOK CLUB

Calling all avid readers! This group meets **on the 3rd Tuesday of each month from 1:00-2:00pm**.

Join us **February 19th** to see which book we'll be reading next!

**Our groups are self-directed by a participant facilitator.**

**Please visit the group to find out more!**

## ~ CARDS & GAMES ~



### MAHJONGG

**MONDAYS AT 1:00PM**

### BINGO

**TUESDAYS AT 1:00PM**

### WII BOWLING

**MONDAYS AT 10:00AM**

**TUESDAYS AT 10:00AM**

**THURSDAYS AT 10:00AM**

**FRIDAYS AT 10:00AM**

### BRIDGE

**THURSDAYS AT 12:30PM**

### DUPLICATE BRIDGE

**FRIDAY 2/15 AT 12:45PM**



## VOLUNTEER OPPORTUNITIES

Join our team of fantastic volunteers, help make a difference in our community and have some fun!

**We're looking for:**

- \* Receptionists
- \* Volunteer Drivers
- \* Group Leaders
- \* Daily Kitchen Set-up/Clean-up

If you have an interest in volunteering, please contact Mary Flood at [floodmh@mansfieldct.org](mailto:floodmh@mansfieldct.org)

*Thank you for your consideration!*

# FEBRUARY DAY TRIPS

## **MET OPERA LIVE: "CARMEN," MANCHESTER, CT**

**SATURDAY, FEBRUARY 2ND ~ 10:30AM-5:00PM**

"Carmen" tells the story of a clever, young Gypsy who corrupts an officer of the Civil Guard in order to help her kinsmen. This classic is one you won't want to miss!

**Tickets are estimated at \$23.** We will be stopping at Rein's Deli for lunch before the show.

## **MAGIC WINGS BUTTERFLY CONSERVATORY, SOUTH DEERFIELD, MA**

**TUESDAY, FEBRUARY 5TH ~ 10:00AM-5:00PM**

What's better in the middle of winter than visiting the tropics for a spell? Magic Wings Butterfly Conservatory is the home to over 4000 native and tropical butterflies.

**Admission is \$16 for adults, \$14 for those 62+, payable at the conservatory.** We will be stopping at Richardson's Candy Kitchen for some treats and Wolfie's Family Restaurant for lunch.

## **HOPE ARTISTE VILLAGE FARMERS MARKET, PAWTUCKET, RI**

**SATURDAY, FEBRUARY 16TH ~ 10:00AM-3:00PM**

At Hope Artiste Village in Pawtucket, they host a Winters Farmers Market that would make a summer roadside stand blush. You can get farm fresh goodies at the largest indoor market in New England. Who doesn't need a bit of summer right about now? In addition there are a number of shops and options for food including Brick Oven on Main.

## **LUNCH BUNCH: THE SLOPPY WAFFLE, NEWINGTON, CT**

**TUESDAY, FEBRUARY 19TH ~ 10:15AM-1:00PM**

Have you ever tried a burger on a waffle? Now is your chance! The Sloppy Waffle offers a variety breakfast and lunch specials that are any waffle-lover's dream! Not into waffles? They have pancakes, sandwiches, salads, and omelets too!

## **LYMAN ALLYN MUSEUM, NEW LONDON, CT**

**THURSDAY, FEBRUARY 21ST ~ 9:30AM-3:00PM**

Come explore 18th, 19th, and 20th century works of art on this day at the museum! Temporary exhibits include "American Visionary: John F. Kennedy's Life and Times" and Emil Carlsen's "Quiet Harmonies."

**Tickets are \$9, payable at the museum.** We will be stopping for lunch after at Sweeties Bakery & Café.

## **DIXIELAND HEARTBEAT JAZZ, NIAHTIC, CT**

**THURSDAY, FEBRUARY 28TH ~ 4:00PM-9:00PM**

Back again by popular demand, Heartbeat Jazz provides music that is sure to move you! Dubbed "New England's most loveable Jazz Band," Heartbeat Jazz puts on a performance you won't forget! Dinner is available at the restaurant where the performance is held, so let them serenade you with the sweet sounds of Dixieland Jazz as you dine!

### **PLEASE NOTE:**

We want to make sure our fabulous day trips are accessible to everyone! If you are a Mansfield resident, we may be able to pick you up and drop you off right at home when Dial-A-Ride or the local bus are unavailable. If you would like to take advantage of this door-to-door service, please let us know when registering for a trip.

A signed registration form *and* payment (if applicable) are required to register for upcoming trips.

Due to limited seating, Mansfield residents aged 55+ are eligible to register immediately on a first-come, first-served basis. Non-Mansfield residents aged 55+ will be placed on a waitlist; one week (7 days) prior to the trip, those on the waitlist will be moved to the active trip list in the order in which they registered if seats are available.

All participants on the active trip list will receive a confirmation call prior to the trip. If you signed up for the trip but did not receive a call, we were unfortunately unable to add you to the active trip list.

Unless otherwise noted, admission costs for trips are payable at the venue. Should you need to cancel a reservation please contact our Transportation and Program Assistant Jordan Bassett at 860-487-9877. If you would like more information on any of these trips, please contact our Program Coordinator Mary Flood at 860-487-9872.



# Mansfield Senior Center Registration Form

## FEBRUARY 2019 CLASSES AND EVENTS

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address/Town/Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

DATE	<input checked="" type="checkbox"/>	CLASS/EVENT/TRIP	DETAILS	FEE
MON		QUILTING—10:00AM-4:00PM	FEB. 4 & 11	\$30 EACH
		CARDIO COMBO—9:00-10:00AM	3 CLASSES NO CLASS 2/18	\$21.00
		SPARKETTES—10:15-11:45AM	4 CLASSES NO CLASS 2/18 MAKE UP CLASS 2/28	\$40.00
		YOGA—1:30-2:30PM	3 CLASSES NO CLASS 2/18	\$21.00
TUES		STRENGTH & STABILITY—9:00-10:00AM	4 CLASSES	\$28.00
		POWER OF AGING—10:45-11:45AM	4 CLASSES	\$28.00
WED		YOGA—11:00AM-12:00PM	4 CLASSES	\$28.00
		BEGIN TAP—1:00-2:00PM	3 CLASSES NO CLASS 2/20	\$21.00
THUR		STRENGTH & STABILITY—9:00-10:00AM	4 CLASSES	\$28.00
		POWER OF AGING—12:00-1:00PM	4 CLASSES	\$28.00
		CARDIO COMBO—3:15-4:15PM	4 CLASSES	\$28.00
FRI		YOGA—11:00AM-12:00PM	4 CLASSES	\$28.00
EVENT		TAILGATE PARTY—12:00PM	SATURDAY, FEB. 9	\$5.00
		FRESH FRIDAY—12:00PM	FRIDAY, FEB. 22	\$7.00
		CRAFTY CREATIONS—1:00PM	MONDAY, FEB. 25	\$12.00
TRIPS		MET OPERA LIVE—10:30AM	SATURDAY, FEB. 2	
		MAGIC WINGS—10:00AM	TUESDAY, FEB 5	
		HOPE ARTISTE VILLAGE—10:00AM	SATURDAY, FEB 16	
		LUNCH BUNCH: THE SLOPPY WAFFLE—10:15AM	TUESDAY, FEB. 19	
		LYMAN ALLYN MUSEUM—9:30AM	THURSDAY, FEB. 21	
		DIXIELAND HEARTBEAT JAZZ—4:00PM	THURSDAY, FEB. 28	
		CHECKS PAYABLE TO THE TOWN OF MANSFIELD	TOTAL DUE	

**PLEASE NOTE:** A signed registration form *and* payment are required to register for classes and activities. Registration forms are available in the newsletter, at the Senior Center and online at [www.mansfieldct.gov/seniorregistration](http://www.mansfieldct.gov/seniorregistration).

Please understand that we cannot offer refunds unless your spot is filled prior to the event.

**WAIVER OF PARTICIPANT BY SELF:** I hereby agree to release, discharge, and hold harmless the Town of Mansfield, its directors, employees, agents, contractors, and/or volunteers from any and all liability that may occur during either my participation in the above listed recreational activities. I understand that participation in any recreational sport or activity involves risk, and I grant permission to the Town of Mansfield to utilize any medical emergency services it deems necessary to treat any injuries that I may incur. I further understand that the Town does not provide insurance for recreational program participants.

**PHOTO RELEASE:** I understand that for promotional purposes, the Town MAY videotape and/or take photographs of participants enrolled in recreational activities, classes or programs. I hereby release and permit the Town of Mansfield to utilize for said promotional purposes any photographs and/or videotapes of me engaging in the above listed recreational activities.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## HUMAN SERVICES

The Town of Mansfield Human Services office is now located at the Senior Center at 303 Maple Road. Please contact Human Services by calling 860-429-3315.

**Kathy Ann Easley, LMSW**  
Social Worker

Tel: 860-487-9873  
[EasleyKA@mansfieldct.org](mailto:EasleyKA@mansfieldct.org)

**Joan Marshall, MSW**

Outreach Worker  
Tel: 860-487-9875  
[Marshallj@mansfieldct.org](mailto:Marshallj@mansfieldct.org)

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The Human Services Department maintains a food pantry with food and personal care items to help those in need. If you are experiencing an emergency food need, please contact the Human Services Department at 860-429-3315 to be connected with a Social Worker who can help.

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**Did you know Medicare can cover the health care you need in order to stay in your home?**

**Services covered under the Medicare home health benefit include:**

- Skilled nursing
- Home health aides for up to 28 hours a week combined with skilled nursing care (in some cases, up to 35 hours a week, if needed, as documented by the doctor)
- Skilled physical therapy, occupational therapy and speech language pathology services
- Medical social services
- Medical supplies

**The Center for Medicare Advocacy is available to provide guidance at (860)456-7790.**

**The organization's website has a great deal of information that may also be helpful. Visit [www.MedicareAdvocacy.org](http://www.MedicareAdvocacy.org).**

## TRANSPORTATION SERVICES

All Transportation Services are free, accessible, and open to residents aged 60 and above, & those adults aged 55 and above who are deemed disabled by social security.

### TRANSPORTATION TO MEDICAL APPOINTMENTS

We offer transportation to medical appointments for Mansfield residents through our Volunteer Transportation Program.

- Please make your reservation 7 days prior to your appointment.
- All destination requests must fall within a 30 mile radius of the Senior Center.
- Special exceptions will be made for emergency requests depending on driver availability.

### MOBILE FOOD SHARE

We offer door-to-door transportation to Mobile Food Share twice a month for Mansfield residents.

**\*Food Share will be 2/14 & 2/28 at 11:30am\***

### SHOPPING & LIBRARY RUNS

We offer routed shopping and library runs each month. Stops include Big Y, Stop & Shop, Walmart, Price Chopper and the Mansfield Public Library.


**\*Shopping Runs will be 2/12 & 2/26 at 1pm\***

Mansfield residents aged 55+ are eligible to register immediately on a first-come, first-served basis for shopping runs. Non-Mansfield residents aged 55+ will be placed on a waitlist; one week (7 days) prior to the trip, those on the waitlist will be moved to the active trip list in the order in which they registered if seats are available. All participants, including those on the waitlist, will receive a confirmation call prior to the trip. Individuals are responsible for their own packages.



**To schedule transportation, please contact our Transportation and Program Assistant Jordan Bassett at 860-487-9877.**

# ~ TVCCA SENIOR CAFÉ FEBRUARY MENU ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Menu is subject to change without notice.</div>				<div>I. <u>SUPER BOWL CELEBRATION</u></div> <div>CHICKEN AND BEAN CHILI BBQ CHICKEN WINGS CORN &amp; PEPPERS CORN BREAD BOSTON CREAM PIE JUICE SUG. DONATION \$4.50 *SIGN UP BY 1/24*</div>
<div>4. SALISBURY STEAK WITH GRAVY EGG NOODLES MIXED VEGETABLES PEARS WITH MANDARIN ORANGES</div>	<div>5. CUBAN PULLED PORK RICE &amp; BEANS BROCCOLI SWEET TREAT JUICE</div>	<div>6. BUTTERNUT SQUASH SOUP POT ROAST GARLIC MASHED POTATOES PEAS &amp; CARROTS FRESH ORANGE</div>	<div>7. CHICKEN CACCIATORE PENNE PASTA ZUCCHINI PINEAPPLE TIDBITS</div>	<div>8. <u>BIRTHDAY LUNCH</u></div> <div>CORN CHOWDER BEEF STEW EGG NOODLES BROCCOLI, GREEN BEANS &amp; PEPPERS APPLESAUCE</div>
<div>11. ROASTED PORK LOIN HERB POTATOES MIXED VEGETABLES DICED PEACHES</div>	<div>12. STUFFED SHELLS WITH MARINARA ZUCCHINI YELLOW SQUASH PINEAPPLE TIDBITS</div>	<div>13. <u>VALENTINES DAY CELEBRATION</u></div> <div>GARDEN SALAD GARLIC BREAD PENNE WITH MEATBALLS MARINARA DOUBLE CHOCOLATE CAKE JUICE SUG. DONATION \$4.50 *SIGN UP BY 2/6*</div>	<div>14. SEAFOOD STEW SPANISH RICE BROCCOLI, GREEN BEANS &amp; PEPPERS PEARS WITH MANDARIN ORANGES</div>	<div>15. CHICKEN NOODLE SOUP WESTERN OMELET SWEET POTATO HASH PEAS &amp; PEARL ONIONS FRESH FRUIT</div>
<div>18. SENIOR CENTER CLOSED</div> <div></div>	<div>19. BAKED SALMON FILET LIME SCENTED RICE MIXED VEGETABLES FRESH ORANGE</div>	<div>20. SPLIT PEA SOUP COUNTRY STYLE CHICKEN MASHED POTATOES CORN WITH PEPPERS &amp; ONIONS PEARS WITH MANDARIN ORANGES</div>	<div>21. CRISPY COD PATTY MACARONI &amp; CHEESE ZUCCHINI, PEAS &amp; CARROTS APPLESAUCE</div>	<div>22. <u>FRESH FRIDAY</u></div> <div>FISH &amp; CHIPS COLESLAW CHOCOLATE CREAM PIE \$7/PERSON *SIGN UP BY 2/15*</div>
<div>25. PHILLY CHEESE STEAK SANDWICH TATER TOTS CORN WITH PEPPERS &amp; ONIONS FRESH FRUIT</div>	<div>26. STUFFED CHICKEN CORDON BLEU PASTA SHELLS MIXED VEGETABLES SWEET TREAT JUICE</div>	<div>27. CHICKEN NOODLE SOUP LEMON DILL HADDOCK RICE PILAF BROCCOLI PEARS</div>	<div>28. CHICKEN POT PIE MASHED POTATOES SUGAR SNAP PEAS PINEAPPLE TIDBITS</div>	<div>1% milk &amp; whole grain bread are served with each meal.</div>

Lunch is served at 12:00pm Monday through Friday for individuals aged 60 & over and their spouses. Suggested voluntary donation is \$3.00, payable the day of the meal. The price for those under 60 is \$8.46. Please remember to make your reservation by 10:00am the day before you plan to come for lunch. Reservations can be made with our Site Server Sharon Caron by calling 860-487-9876.

**NAME** \_\_\_\_\_

## MSCA

Hi: I want to start off by thanking the many volunteers who pulled off a most successful Legislative Breakfast on January 12th. We served sixty-one guests and seven Legislators a wonderful continental breakfast prepared and served by Hank and Irene Dube, Joan Doiron, Marie Patulak, Marietta Johnson, Joanne Sousa and Rosemary Beecher. Kudos also to Pat Schneider who made over 100 small quiches for us which were so delicious. The hard work and dedication of these members to the Association is most appreciated. This Breakfast was co-sponsored by the League of Women Voters. This is a great group to work with and once again we thank them for asking us to join with them in this advocacy venture. The Legislators responded to questions by speaking their thoughts and concerns. We all appreciated the civility and the showing of respect to each Legislator as they shared their views on a variety of questions. A truly wonderful event for all attendees and participants. We expect to do it again next year!

Save February 27, 2019 for a festive night when we will celebrate National Pancake day with a pancake supper. A great night to bring grandchildren, friends or just come on down. We will serve all you can eat from 4:30pm to 7:00pm. We will be serving pancakes, bacon and sausage and a variety of toppings. It should be fun as well as a good fundraiser for the Association. More details coming and we will be emailing you with updates. No reservations needed!

Stay safe and warm!  
Marie Hakmiller, President

### MANSFIELD SENIOR CENTER ASSOCIATION BOARD MEMBERS:

<b>PRESIDENT:</b>	MARIE HAKMILLER
<b>VICE-PRESIDENT:</b>	JOAN DOIRON
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PLEASE CALL 860-429-0262, EXT. 5

### CELEBRATE NATIONAL PANCAKE DAY WITH A PANCAKE SUPPER!

**SPONSORED BY THE MSCA**

**WEDNESDAY, FEBRUARY 27TH**

**4:30PM TO 7:00PM**

Cost: \$7/Adults, \$5/Children 5+

Join us for a night of  
all you can eat pancakes  
and endless fun!



## COMMISSION ON AGING

The Commission on Aging studies the conditions and needs of Mansfield's senior population regarding health, transportation, housing and any other issue that may impact their well-being. The Commission meets with and is a resource to area agencies and service providers to evaluate and advocate for the specific needs of Seniors in our community.

We welcome your input, suggestions and concerns.

Join us at our next meeting on **Monday, February 11th at 9:30am**. Katherine Otto, WRTD Transportation Planner, will be giving an update of their January 22nd public meeting. If you are unable to attend the meetings, please feel free to contact any of the members below.

### COMMISSION MEMBERS:

Wilfred T. Bigl (Chair)	860-429-0180
Laurie G. McMorrow (Vice Chair)	860-429-5090
Bev Korba (Secretary)	860-477-0546
Don Nolan	860-456-1101
Martina Wharton	860-634-0051
Nancy Trawick Smith	860-208-3375
John Riesen	860-429-7569
Dorothea Mercier	860-429-4575

### COMMUNITY REPRESENTATIVES:

Judy Bigl for Jensen's	860-429-0180
Diane Carson for Juniper Hill	860-477-1007
John Adamcik for Wrights Way	860-429-2153
Fran Chesko for Glen Ridge	860-429-1826

### Need Legal Advice?



**Eldercare Attorney Joelen Gates provides  
free legal services for those in need.**

**Attorney Gates is available by phone  
at 860-786-6372 or by appointment in her  
Willimantic office.**

For more information on  
Connecticut Legal Services,  
visit: [www.ctelderlaw.org](http://www.ctelderlaw.org)



# ~ FEBRUARY SPECIAL EVENTS ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. 12:00 SUPER BOWL LUNCHEON 2:00 BINGO
4. 10:00 QUILTING	5. 10:00 MAGIC WINGS TRIP	6. 9:00 TECH TIME	7. 9:00 REIKI	8. 12:00 BIRTHDAY LUNCH 1:00 MOVIE: FENCES
11. 9:30 COA MTG 10:00 QUILTING	12. 10:00 GENEALOGY 1:00 SHOPPING RUN 5:30 CAREGIVER SUPPORT GROUP	13. 12:00 VALENTINES LUNCHEON	14. 11:30 FOODSHARE	15. 12:45 DUP BRIDGE
18. <b>SENIOR CENTER CLOSED</b> 	19. 10:15 SLOPPY WAFFLE TRIP 1:00 BOOK CLUB 1:30 SENIOR LEARNING NETWORK	20. 9:00 TECH TIME 11:00 HEARING CLINIC 1:00 COMPUTER CLASS	21. 9:30 LYMAN ALLYN MUSEUM TRIP 10:00 MASSAGE & REFLEXOLOGY 12:00 BP CLINIC 4:00 CLASSIC MOVIE NIGHT: THE BEST MAN	22. 12:00 FRESH FRIDAY 1:00 JOE FLOOD PERFORMANCE
25. 9:00 MINI SPA 1:00 CRAFTY CREATIONS 1:00 CHORUS MEET & GREET	26. 1:00 SHOPPING RUN	27. 9:00 PODIATRIST 1:00 OPERA 4:30 MSCA PANCAKE SUPPER	28. 11:30 FOODSHARE 4:00 JAZZ TRIP	

## WEEKEND TRIPS & EVENTS:

MET OPERA ~ FEBRUARY 2ND

TAILGATE PARTY ~ FEBRUARY 9TH

HOPE ARTISTE VILLAGE ~ FEBRUARY 16TH

## SAVE THE DATE:

TO WHOM I MAY CONCERN ~ MARCH 26

If you'd like to receive an electronic version of our *SPARKS* newsletter, please email Jordan at [bassettj@mansfieldct.org](mailto:bassettj@mansfieldct.org)

It is also available at [www.mansfieldct.gov/seniorssparks](http://www.mansfieldct.gov/seniorssparks)

# ~ DAILY ACTIVITIES ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 WALKING DVD 9:00 CARDIO COMBO 10:00 WII BOWL 10:15 SPARKETTES 12:00 LUNCH 1:00 MAHJONGG 1:00 EL GRUPO 1:30 YOGA	9:00 STRENGTH & STABILITY 10:00 WII BOWL 10:00 SCRABBLE 10:45 PWR OF AGE 12:00 LUNCH 1:00 BINGO	9:00 WALKING DVD 9:30 WOOD CARVING 10:00 TAI CHI DVD 10:00 WRITING GRP. 11:00 YOGA 12:00 CAUSERIES 12:00 LUNCH 1:00 FUND. OF TAP	9:00 STRENGTH & STABILITY 10:00 WII BOWL 10:15 SPARKETTES 12:00 LUNCH 12:00 PWR OF AGE 12:30 BRIDGE 1:00 JEWELRY 3:15 CARDIO COMBO	9:00 WALKING DVD 10:00 SCRABBLE 10:00 KNITTING & CROCHETING 10:00 WII BOWL 10:00 TAI CHI DVD 11:00 YOGA 12:00 LUNCH 12:00 ART STUDIO

## Town of Mansfield now accepting Applications for Housing Rehabilitation Waiting List

The purpose of this Housing Rehabilitation Program is to provide low to moderate income households with a no interest loan in order to make repairs/improvements to their homes. Some qualified repairs include, but are not limited to, windows, siding, insulation, heating systems, roofing, and handicap accessibility improvements.

Any Mansfield homeowner who would like more information about the program or would like to verify if they meet the low to moderate income guidelines as established by the

Department of Housing and Urban Development (HUD) should contact Jillene Woodmansee, Planning and Community Development Assistant at (860) 429-3330.



## February is donut month!

Keep an eye out for some sweet, doughy treats from the best donut shops in Connecticut around the senior center throughout the month!



## \*\* INCLEMENT WEATHER \*\*

It's officially that time of year again!

Please remember that all delays and/or closings will be posted to WFSB Channel 3, NBC-CT and WILI (1400 AM) under Mansfield Senior Center.

You can always call the center at 860-429-0262 for announcements as well.

**Please use caution and put your own safety first!**

## Birthday & Anniversary Celebration

~FRIDAY, FEBRUARY 8TH AT 12PM~



*Celebrate your special day with us!  
Enjoy Cake and Ice Cream  
after lunch and make a wish  
for the year to come!*

*Please call our Site Server*

*Sharon Caron at 860-487-9876  
by **February 6th** if you would like  
your birthday or anniversary shared  
so that we can celebrate with you!*

## DIAL-A-RIDE TRANSPORTATION

is a door-to-door public transportation service designed to meet the transportation needs of the elderly and persons with a disability. Drivers will assist passengers to and from the door at the pickup point and destination. Dial-A-Ride is available in Ashford, Chaplin, Columbia, Coventry, Lebanon, Mansfield, Scotland, Willington, and Windham-Willimantic.

Dial-a-Ride will transport riders to medical appointments, shopping centers, personal business destinations, nutrition centers, Senior Center activities and work.

Please call 860-456-1462 at least **24 hours in advance** to schedule rides. This service is provided by WRTD.

# NEWSLETTER SPONSORS

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**MANSFIELD SENIOR CENTER ASSOCIATION**  
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860-429-0262, EXT 5 COME JOIN US!

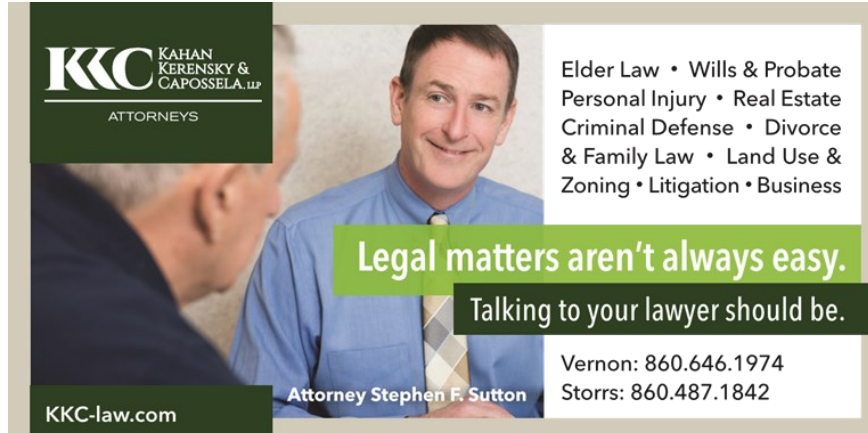
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Cafe & Creamery  
860-450-8408  
Open Daily 7am to 9pm  
86 Storrs Road, Mansfield CT  
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Seniors Enjoy  
**10% OFF**  
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Fresh Ice Cream  
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THEY HELP MAKE THIS NEWSLETTER POSSIBLE!**

## YOUR BUSINESS COULD BE HERE!

**12 ISSUES OF ADVERTISING:**  
FOUR LINES FOR \$100.00. BUSINESS CARD SIZE FOR \$300.00.

**For more information, please contact the Human Services office at 860-429-3315.**

**Mansfield Senior Center  
303 Maple Road  
Mansfield, Connecticut 06268**

**POSTMASTER: DATED MATERIAL  
PLEASE DELIVER PROMPTLY**

**PUT LABEL  
IN THIS BLOCK**

**SPARKS SUBSCRIPTION**

PLEASE NOTE:

THE DATE ON YOUR LABEL IS YOUR RENEWAL DATE.

DATE: \_\_\_\_\_ PHONE: \_\_\_\_\_

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

TOWN: \_\_\_\_\_ ZIP: \_\_\_\_\_

RENEWAL: \_\_\_\_\_ NEW: \_\_\_\_\_

**\$12.00 FIRST CLASS**

AMOUNT ENCLOSED: \_\_\_\_\_

PLEASE MAKE CHECKS PAYABLE TO MSCA

**MANSFIELD SENIOR CENTER  
303 MAPLE RD  
MANSFIELD, CT 06268**

**MSCA MEMBERSHIP  
APPLICATION**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TOWN: \_\_\_\_\_

ZIP CODE: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

\_\_\_\_\_ ANNUAL DUES (**\$10.00**)

\_\_\_\_\_ LIFETIME DUES (**\$50.00**)

PLEASE MAKE CHECKS PAYABLE TO MSCA

**MANSFIELD SENIOR CENTER  
303 MAPLE RD  
MANSFIELD, CT 06268**